

Warren SENTINEL

Check out
new Peace
Keeper
comic

Are you
inspection
ready?

Commander's
action line



Commentary

Someone

1st Lt. Nicole Walters
Public Affairs

I don't know if he knew what he did when he killed Martin Luther King Jr.

I just look at that black and white photo of Dr. King lying on that hotel balcony floor while the other men point to where the shot came from.

And horribly, tragically caught in that moment, I wonder. Did he flee? Did he stay and watch him die? Did he regret it? Did it die with Dr. King?

Someone should tell the Ukrainians. Dr. King said we must all learn to live together as brothers or we will all perish together as fools. We are tied together in the single garment of destiny, caught in an inescapable network of mutuality.

The Ukrainians held a botched election where people were prevented from voting and the media was prevented from telling the truth. The presidential challenger was poisoned by the opposition with dioxin. Whatever affects one directly affects all indirectly. The pock-scarred face of the new president shows oppression can't thrive. Where oppression can be an individual act, it can also change a country.

Someone should tell the insurgents. Buried in the heart of the 'I Have a Dream' speech, Dr. King proclaimed, "In the process of gaining our rightful place we must not be guilty of wrongful deeds." He knew the power of peace—dignity and discipline will always overpower violence.

I have a dream too, that one day the insurgents will realize the power of a country isn't holding rifles or grenades;

it's in the people who hold the true weapons—democracy and free speech.

Someone should tell the tsunami victims. On a cold January day in Atlanta, Dr. King spoke about the real challenge in the world: to rise above the narrow confines of our individualistic concerns to the broader concerns of all humanity. He stated: "You see this new age is an age of geographical togetherness. No nation can live alone now; no individual can live alone. And we must all learn to live together or we'll all die together."

Our presence in Southeast Asia is vital not only to the clean up of a disaster but the rebuilding of a priceless culture. I have a dream too that one day their children, strong and courageous, will shake your child's hand and say thank you.

On April 4, 1968 he killed Dr. King; yet he failed. The vision Dr. King inspired has changed not just our great nation, but also the world. It inspired Chinese students to organize in Tiananmen Square. It helped get Nelson Mandela out of prison. It helped bring down the Berlin Wall.

Someone was there to stand up for what was right: to fight for the oppressed, to protect the innocent and to preserve democracy.

Someone was there to fight injustice, to nourish the starving and to have the dream.

I have a dream too. As we go into the future, someone will be there. Today that someone is you.



Hoops Shots

Since the Sentinel took a break over the holidays I haven't written about a terrific tour with our **Mighty Support Group** in December. It was very clear to me that they live up to the motto – Mission Support Is Mission Success. I even did a no-notice check of **Col. Al Kemmet's** office to ensure the Spotlight Award was on display – and it was – Yeeeah!

Our first stop was to our **Mighty Communicators** and **Staff Sgt. William Brinker** who was the visionary behind the renovation of the Communication Maintenance Control Center – what I always called Comm Job when I was on crew. This is clearly an NCOIC who cares and provides great leadership to his section. **Senior Airman Chris Bouker** gave an excellent overview of the old process and then walked me over to the new center. Wow! Credit goes to **1st Lt. Kelly Shelton** for designing the new screens and especially to **Senior Airman Reese Vaughan** – whose ability to cut a 45 degree angle and leave no visible seams is truly an art. I'm proud of this entire crew for having the vision, getting the funding and putting in the sweat equity for creating a first-class center for the best communicators in the business.

Next we headed to our **Mighty Civil Engineers** to look over the Readiness Flight where you can see right away why they won the award as best in Air Force Space Command. I had to commiserate with a fellow Bronco fan in the office – there's always next year. **Airman 1st Class Hope Jackson** was the designated talking head and outlined the role and function of the Disaster Control Group. It was my first time seeing what it looks like on the other end of the phone when I'm in battle-staff and some crisis has occurred. Even as I draft this article, our DCG is exercising as we prepare for our upcoming inspections. By the way, Airman Jackson was our wing Airman of the quarter her first full quarter here on base!

We finished our 90 CES tour by reviewing the latest plans for a consolidated fire station. **Mr. Louis Latendresse** walked me through how the Fire Alarm Control Center worked and we were

wondering how we'd fare in the awards race this year. Of course, you know the answer – they won Best in Air Force!!

Mighty Logistics Readiness was next with a tour of the Transportation Control Center. They've got one sharp NCOIC there – **Staff Sgt. Jamie Kelly** – who outlined the recent changes and improvements to our vehicle tracking database. These unsung heroes have already been challenged by some tough winter weather and they rose to the task. They are critical to helping us drive safely all year round – basically acting as wing men to the entire fleet, 24/7.

We finished with the **Mighty Services Squadron** and Fall Hall. They've made incredible progress to create a community center for Team Warren. I saw demos for a new laser tag area, the boxing ring, wrestling mats, batting cage, dance and music rooms and rock climbing wall. **Ms. Lori Kickery** and company are doing superb work to make this a reality. **Senior Airman Scott Weimer** briefed how in 2004 the 25 members of our Honor Guard did more than 130 events using over 1,700 man hours. And they made each one memorable.

This past week I spent some quality time with our **Mighty Maintainers**. **First Lts. Gavain McDonald** and **Shelley Butler** managed to get us out to site with no issues other than some discussion about how the horn works when backing up. They were basically the front people to have **Staff Sgt. Scott Malgieri** outline how scheduling works. He's got a PhD in that area and I probably only understood a fraction of his brief but I came away with great confidence in their process and commitment to innovation. On site we met Team Chief **Mr. Frank Huff** and watched how they do corrosion control. These professionals are critical to maintaining our weapon system in peak condition for decades to come.

The difference between an old site and one they've worked on is like night and day. It was a real eye opener and I was awed and honored to watch them in action.

-- Col. Hoops

Warren SENTINEL

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On the cover...



Photo by Airman 1st Class Tessa Cubbon

Staff Sgt. Michael Jennings, 90th Maintenance Operations Squadron, connects a power cable to a semi.

Commentary

Commander's Action Line

You asked, he answered

Q. I take my child to the CDC. I understand the parking lot isn't very big, but I feel that the closer parking spots should be left for the customers.

A. I'm very sorry to hear about your recent inconvenience while utilizing our CDC. The parking lot at the CDC was intentionally designed to provide customers quick access to the front entrance. To ensure the front parking spaces are used for their intended purpose, I have submitted a work order to place signs in front of the building designating front spaces for customer use only. In the mean time, my staff has been reminded not to park in these designated spaces.

To ensure customer safety, 90th Civil Engineer Roads and Grounds

clears the CDC sidewalks and puts down ice melt when it snows. We have asked CE to make a second pass through the parking lot once they've finished the rest of the base, and they are assisting us in this matter.

The CDC leadership will monitor this issue closely to make sure that parents and their children have the very best access possible. Thank you for providing feedback and giving our CDC the opportunity to improve our service. Outstanding customer service and safety remains our top priority at the Warren CDC.



PEACE KEEPERS

By A1C Nathaniel Turner, 90MMXS and A1C Richard Oliver, 90MMXS



6x2

Briefs

Airman acquitted

On Dec. 15 2004, an airman first class was acquitted on charges of rape and forcible sodomy. The accused was charged with one specification of rape and one specification of forcible sodomy. He was tried by a general court-martial consisting of a panel made up of officers and enlisted members.

Capt. Karl Sandell from the 90th Space Wing Legal Office and Capt. Michael Vanderzee from the Central Circuit Trial Judiciary represented the United States. Capt. Matthew Cassell, the Warren Area Defense Counsel, and Capt. Lynne Schmidt from the Central Circuit Trial Judiciary represented the accused.

Trials by court-martial are open to the public. Trials are held in the base courtroom located in Building 232 on the second floor. For more information, call the legal office at 773-2256.

Recycling pick-up

Curbside recycling pick up for Carlin Heights will be Monday. Collection days for Sergeant's Row and Atlas Housing will be Tuesday. Collection days for Officer's Row and Capehart Housing will be Wednesday.

Separate items collected into three bins: newspapers/magazines, aluminum/tin and plastics #1/#2. If you have questions, call the Warren Recycling Line at 773-4357.

POW honor roll

The Sampson Air Force Base Association, Inc. would like to honor all former prisoners of war, missing in action and their dependants.

To submit a name to be recorded in the honor roll, mail a request to the Sampson Air Force Base Association, P.O. Box 331, Williamsville, NY, 14231-0331.

Post office relocated

The military side of the Postal Service Center is temporarily relocated to Building 298, which is directly across from the postal center's parking lot. As a reminder, if you receive a pink slip, you must bring those to the U.S. Postal Service Center.

If you have any questions, call 773-2276.

Obstacle course closed

The Warren obstacle course is closed. Personnel should avoid the obstacle course. For more information, contact the safety office at 773-2430.

PK crew trains for MMIII

1st Lt. Lisa Lopez
400th Missile Squadron

In December 2004 members of several 90th Space Wing groups successfully completed the shutdown and sealing of Sierra-01 and Romeo-01 Launch Control Centers.

This historic event left these LCCs vacant and sealed for the first time since the mid-1960s and was a major step toward total deactivation of the Peacekeeper Intercontinental Ballistic Missile and the 400th Missile Squadron scheduled for fall of this year.

The primary reason for accomplishing the shutdown was to bring the level of effort required to operate the remaining missiles into line with the combat capability they provide.

A secondary benefit is the ability to begin the process of retraining Peacekeeper operators for duty in the Minuteman III weapon system.

The first four combat ready Peacekeeper crewmembers selected for retraining began their course at Vandenberg Air Force Tuesday.

Their level of expertise and experience in ICBM operations permits them to take an abbreviated course completing their study of their new system in just one month versus the



Photo by Staff Sgt. Charles Campbell

The first group of mission ready Peacekeeper crew members arrived at Vandenberg Air Force Base this week to begin retraining to operate the Minuteman III ICBM.

three months required for newcomers to the career field.

While excited about the new challenge and the unique opportunity to operate two different weapon systems, there are some mixed emotions.

The Black Pirates of the 400th Missile Squadron are a tight-knit group and are proud to be members of the final team ushering this unique unit into the history books.

"Each of the missileers I selected

for this retraining opportunity was initially disappointed to be leaving the 400th before deactivation is complete," said Lt. Col. Dave Bliesner, commander of the 400 MS.

"To their credit, each recognized the need to begin the retraining process and placed service before self. I'm highly confident they will be successful and valued members of the 90th Operations Group units they are going to join."

Want to be a lawyer?

JAG Corps offers accessions programs

WASHINGTON (AFPN) -- The Air Force's Judge Advocate General Corps gives company-grade officers two opportunities during January through March to join their ranks.

The programs, the Funded Legal Education Program and the Excess Leave Program, allow active-duty officers to pursue law degrees without leaving the Air Force and then serve in the JAG Corps.

Both programs, which provide the Air Force with lawyers who already have a good understanding of the military, begin accepting applications in January, JAG officials said.

"The (programs) round out the JAG Corps by supplying a cadre of uniquely experienced officers who combine law school educations with operational Air Force time," said Maj. Rachel VanLandingham, recruiting branch chief for the Air Force Office of the Judge Advocate General.

As a result, the Air Force gets mature legal advisers with a unique understanding of Air Force missions. "The goal of both programs is to provide commanders with the best legal advice possible, tailored to evolving Air Force needs," Major VanLandingham said.

FLEP is a paid legal-studies program. Program applicants must be active-duty captains with between two and six years of active-duty service as of the first day of law school.

The ELP is an unpaid legal-studies program. Program applicants must have two to 10 years' active-duty service before entering law school.

They must also be captains with less than three years of time in grade or below as of the first day of law school.

"We would like as many applicants as possible from junior officers rep-

resenting all career fields across the Air Force," Major VanLandingham said.

Both programs are very competitive, the major said.

The overall 2004 selection rate for the programs was 18 percent, according to the JAG recruiting Web site.

JAG officers routinely participate in nearly every facet of the Air Force mission, including developing and acquiring weapons systems and ensuring availability of airspace and ranges where those systems are tested and operated.

They also consult with commanders about how those systems are used in armed conflict and assist in the day-to-day running of military installations worldwide.

For more information, contact Major VanLandingham at rachel.vanlandingham@pentagon.af.mil, or call (800) 524-8723.

Why pay more?

Air Force offers free tax preparation, filing

Master Sgt. Scott Elliott
Air Force Print News

Filling out and filing income tax forms is an annual burden Americans must bear, but Air Force legal officials say servicemembers need not pay extra for the privilege.

According to a legal services official at the Pentagon, more and more airmen are being tempted by the promise of quick refunds to have their taxes filed by commercial agencies.

However, Air Force members can get most of those same services free of charge at their local base tax assistance offices, to include both the completion of the forms and their electronic filing, said Maj. Thomas L. Farmer, deputy chief of the Air Force's legal assistance division at the Pentagon.

"(With) a refund anticipation loan, you can get your money immediately -- or a portion of it," he said.

"The problem is that comes with a cost. That cost tends to be a fee or interest.

"While I may get my refund at the time I file my return, it's not going to be the (same) refund the government would have paid me had I used the military program," he said.

Major Farmer said it is not out of the ordinary for people to pay \$50 to \$100 or more in order to get their refunds just a few days

sooner.

"At the most, you'll wait two weeks to get a refund (by using the military's electronic filing process), but the average is 10 days or less," he said.

"That's not an inordinate amount of time, when you consider the fact that you're saving the fee and interest."

"There's no better deal than the base tax program," he said.

One forum offering tax assistance that particularly concerns Farmer is the Internal Revenue Service's "free electronic filing site," launched Jan. 13.

According to Major Farmer, the IRS' site is not always free. Taxpayers using the agency's Free-File program actually file their returns using an online electronic filing program provided by one of a number of vendors, in association with the IRS. The vendors then determine if someone is eligible for free service based on adjusted gross income and, in some cases, age.

People who do not know what their adjusted gross income is before starting the process may find out late in the process that their income is deemed too high for the free service, Major Farmer said.

If that happens, customers are informed that the vendor will still file the taxes for them -- for a fee.

"If you sit down and input all the data, go through all your docu-

ments and spend all that time (only to be) told, 'Sorry, you don't qualify for the free service,' the temptation is there to pay the \$25 or \$30 fee because you've already put that much work into it," Major Farmer said.

"Too many of our people have taken that bait," he said. "We don't want our people put in a position where they're exposed to these sort of (sales) pitches."

Because of that concern, the Air Force and the other military branches declined to participate as a proponent in the IRS' Free File unveiling ceremony.

"We have not told our base tax (program advisers) to recommend against people participating in this," Major Farmer said. "We're providing information so (they) can make informed decisions about whether they want to take advantage of these products or not."

Program managers who have completed either the Air Force or Army Tax Course, and volunteers who have graduated from IRS-provided classes, typically work in base tax program offices. In addition, Major Farmer said, many bases hire expert tax preparers to handle the more complicated cases.

"All of that is free of charge," Major Farmer said. "We recommend the military base tax program because there's no better option available."

**WARREN'S TAX
CENTER IS SCHEDULED
TO OPEN FEB. 1, IN
THE BASEMENT OF
BUILDING 232.
FROM MONDAY TO
FEB. 1, YOU CAN MAKE
AN APPOINTMENT BY
CALLING THE BASE
LEGAL OFFICE AT 773-
2256.**

**AFTER FEB. 1, ALL
APPOINTMENTS CAN BE
MADE BY CALLING THE
TAX CENTER AT
773-5825.
TAX PREPARATION
AND FILING ARE
BY APPOINTMENT
ONLY, SO BE SURE
TO CALL AND MAKE
AN APPOINTMENT IN
ADVANCE.**



Construction Corner

Randall Avenue will be closed from Fort Steel Road to Old Glory for tree removal Saturday from 7:30 a.m. to 5:00 p.m., weather permitting. If you have questions, contact Tom Gonzales at 631-5631.

The east-bound lane of Randall Avenue will be closed for tree removal from Monday to Jan. 28, 7:30 a.m. to 5:00 p.m., weather permitting. If you have questions, contact Tom Gonzales at 631-5631.



Photo by Airman 1st Class Tessa Cubbon

STEPPING UP

Congratulations to Master Sgt. William Dunigan, 90th Missile Maintenance Squadron, who was the recipient of one of the two STEP Promotions awarded on Jan. 7.

New TRIWest Region up and running

Transition brings new features, procedures and some bumps

Courtesy article

With the transition of the TRICARE military health program for the West Region completed Oct. 1, 2004, some beneficiaries felt the "bumps" that resulted from new systems and new procedures for accessing health care.

However, the causes of these "bumps" have been beyond their control.

TriWest Healthcare Alliance, which administers the TRICARE program in the new West Region, is comprised of 2.7 million beneficiaries in 21 states stretching from the banks of the Mississippi River to the beaches of Hawaii.

In administering the vast new TRICARE West Region, TriWest Healthcare Alliance more than doubled its workforce. A significant training effort has ensued to educate customer service representatives so they can provide prompt, accurate information the first time.

TriWest staff is working overtime to handle the telephone volume and train more staff, while the technology team focuses its efforts on finding solutions. Calling on Thursday and

Friday afternoons can significantly reduce hold times.

Procedures for using TRICARE are fundamentally the same, with only a few differences.

Provider referrals -- To obtain provider referrals the process is as follows:

Visit a primary care manager in either the military treatment facility or provider network. If necessary, the PCM will write a referral for care by a specialist.

The network PCM forwards the referral to the TriWest Hub.

For military PCMs, the MTF forwards the referral to the TriWest Hub if the specialty care can not be provided in the MTF.

TriWest processes the referral for authorization and will attempt to obtain the service in the MTF if the specialty requested is available in the MTF.

A letter of authorization is sent to the beneficiary with either contact information for the MTF or the name of a suggested network provider and instructions on what to do next.

For network referrals, the beneficiary has two options: Accept the

suggested provider or select another network provider.

To accept the suggested network provider, call to make an appointment with the specialist and then call TriWest at 1-866-876-2383 to activate that authorization which allows us to track return of the consultation to your PCM within 10 days. (Note, this is a new number).

If selecting a different provider, call 1-888-TriWest (874-9378), select the authorization option and provide the name of the new provider. A new letter will be sent to the beneficiary.

To find network providers, visit www.TriWest.com and click "Find a Provider," located in blue at the very top, right hand side of the screen. From there, follow the easy-to-use instructions.

Prescription medications -- Under the new West Region contract and the entire TRICARE program, beneficiaries have three pharmacy options: the MTF, TRICARE Mail Order Pharmacy and TRICARE Retail Pharmacy Network. Express Scripts is the contractor responsible for the TMOP and TRRx programs. To order by mail or locate a net-

work pharmacy near you, visit www.express-scripts.com/TRICARE or call 866-363-8779.

Enrollment fees -- Based on requests from beneficiaries, TRICARE Prime enrollment fees can now be paid by allotment or by electronic funds transfer system from a financial institution.

Permanent change of station -- When transferring from one duty station to another in the TRICARE West Region, beneficiaries must submit a change of PCM request by calling 1-888-TriWest and submit an address change in DEERS. Temporary and permanent address changes may be submitted at the military identification card facility on the nearest installation, mailed to Defense Manpower Data Center Support Office, attn. COA, 400 Gilling Road, Seaside, CA 93955-6771, updated online by using the DEERS Web site, www.TRICARE.osd/DEERSaddress/ or by calling 1-800-538-9552 or faxing to 1-831-655-8317.

If you have questions or problems, call TriWest toll-free at 1-888-TRI-WEST (874-9378) or visit the Web site at www.triwest.com.



Photo by Master Sgt. Val Gempis

TSUNAMI RELIEF EFFORT MAKING PROGRESS

DAMBULA, Sri Lanka -- Airman 1st Class Emily Starcher helps Sri Lankan relief workers unload boxes of vegetables from an HH-60G Pave Hawk helicopter during an Operation Unified Assistance mission here Jan. 12. She is a flight engineer assigned to the 33rd Rescue Squadron at Kadena Air Base, Japan. The Kadena Airmen are helping bring food, medicines and supplies to the people affected by the Dec. 26, 2004 tsunamis.

Operation Hero 'deploys' Airmen's children

Staff Sgt. Robert Zoellner
33rd Fighter Wing Public Affairs

Today's servicemember has a good understanding of what a deployment is, how it goes and what to do. But sometimes family members, especially the children, do not understand what is happening or why their mom or dad has to go.

Children of 33rd Fighter Wing Airmen recently got a taste of what their parents have to go through when they deploy and live in a deployed environment.

Operation Hero "deployed" children to better familiarize them with what their parents have to do when they are called upon to deploy.

"The parents volunteer; the kids don't volunteer," said Col. Brett Williams, 33rd FW commander.

"We need the support of the kids just as much as we do the spouses. It's important, and we hope we gave them the opportunity to see a little about what their parents do and where they go."

The children were issued badges and identification tags and had to use these items to positively identify themselves during the deployment to enter different "zones."

Six zones were set up, and after a slide presentation, the children were divided into groups and sent to different zones.

The zones featured an explosive ordinance disposal robot demonstration, a military working dog demonstration, a "tent city" living area, chemical warfare equipment, a firetruck and firefighters and an F-15 Eagle display.

The zones gave the children a

chance to get up close and personal with the things their parents see and or do during deployments.

Edwin Santos Jr., son of Tech. Sgt. Edwin Santos who is assigned to the 33rd Maintenance Operations Squadron, said he liked the K-9 demonstration.

"They were looking for bombs and things that could hurt other people," he said. He said he also liked the tent area where he got to taste a Meal Ready to Eat and see how his dad might live in a deployed environment. Edwin said it looked like camping, but "a little more dangerous."

"You can always see the anxiety and that they really don't understand or fully comprehend what's going on," Sergeant Santos said. "When I heard about (Operation Hero), I saw the opportunity to

bring him out and give him a taste of what it is that I'm going to go through, the process that we go through, the whole nine yards."

Jennifer LaBorde, 15 year old sister of Staff Sgt. Amanda Patrick who is a training manager assigned to the 33rd MXOS, said she didn't know much about her sister's job.

"All I knew is that she is a training manager," Jennifer said. "I came here, and I saw how her life would be if she got deployed. I think I learned the most from the MREs and the tents because I had never really seen a cot before."

Colonel Williams said Operation Hero may not make it any easier for the children to be without their parents, but maybe they will understand a little bit more about a deployment.

THEY
HAVE A
DREAM

A table of guests including Col. Evan Hoapili, 90th Space Wing commander and Command Chief Master Sgt. James Wood enjoy their meals during the Martin Luther King Jr. Luncheon Jan. 14 at the Trail's End Club.



Photo by Airman 1st Class Tessa Cubbon

6 by 6

Youth high bowlers

Little Pee Wee's Ages 3-5

Sequoia Chumpitaz 110 game 49 pins above average

Pee Wee's Ages 4-6

Madisyn Bails 110 game 52 pins above average

Bantam-Preps

Mark Broyles 500 high series handicap
Brianna Hurst 504 high series handicap
Sean Webb 186 high game handicap
Amber Hess 178 high game handicap

Junior-Majors

Broderick Barge 669 high series handicap
Lauren Crocker 621 high series handicap
Aaron Koskeloeski 251 high game handicap
Sabrina Sawicki 227 high game handicap



Courtesy photo

To sign your child up for youth bowling, call Agnes Colvin at 773-5172.



790 B forfeits

MOS proves you don't need an opponent to play



Photos by Airman 1st Class Tessa Cubbon

Intramural basketball standings

Org.	Wins	Losses	Org.	Wins	Losses
321	10	1	MOS	11	0
LRS	11	3	790 A	9	3
SFS A	6	4	MXS	7	3
OSS	6	5	319/320	8	5
CS	5	7	CE	7	5
SFS C	3	8	CACS	4	7
790 B	3	9	MS 1	2	7

Over 30 basketball standings

Org.	Wins	Losses
CE	4	1
20 AF	3	2
SFG	2	3
MXS	1	4

Warren doctor chosen for urology training

Airman 1st Class Tessa Cubbon
Public Affairs

"Find something your good at."

These words of wisdom are spoken by Dr. (Capt.) Justin Tingey, 90th Medical Group who was recently selected to attend the prestigious Wilford Hall, Lackland Air Force Base to complete his specialization in urology.

When he was younger, Dr. Tingey wanted to be a pilot, but his eye sight prevented him from flying.

"It was very [fruitful] I didn't get in to flying," said Dr. Tingey. "The first time I flew in an F-16, I puked my brains out." After being in a Tweet (T-37) for over 40 minutes, he said. "The ejection handles looked like a viable option."

"Medicine was my calling."

And a good thing, too.

Dr. Tingey has been a physician in the Air Force for six years.

Urology, however, was not Dr. Tingey's first choice. In the beginning of his medical career, he opted for general surgery. He was studying general surgery, but switched to urology, he said.

General surgery is exactly what the name implies. It consists of everything in the book, from the top of the head to the tip of the toes, said Dr. Tingey.

"There was too much unpredictability," he said of his first career choice.

Before deciding on urology, he toyed with the idea of going in to proctology because it's possible to make a joke about every thing.

After deliberation, he decided urology was the better career choice for him.

"[Urology is] more specialized," he said. "You know what's coming through the door."

"It's just fun," he said.

"Before starting a prostate exam, you have to ask, 'How serious do you want me to be?'" said Dr. Tingey.

Serious or not, Dr. Tingey's medical career did not start off like most.

Most physicians can recall the moment in their life they decided to practice medicine as a career.

Not for Dr. Tingey.

He was majoring in bio-mechanical engineering until he realized he didn't like math as much as he thought he did.

Also, he wasn't too keen on looking at petri dishes all day, every day.

"Bacterial genetics doesn't really float my boat."

He likes biology, though. The human body is as high as you can go in biology, he said.

Fortunately, his best friend intervened and created both of their class



Photo by Airman 1st Class Tessa Cubbon

schedules for the year and got Dr. Tingey started on his current career.

"The next thing I know -Boom- I'm a doctor."

But it wasn't that easy. He looked at several medical schools, and was most impressed with the Uniformed Services University of the Health Sciences, Bethesda, M.D.

According to Dr. Tingey, they were the most professional and persuasive.

"They said 'We'll make you a doctor in four years.'

He interned in hospitals in Washington, D.C., Virginia, Travis AFB,

Calif., Phoenix and Utah to name a few.

"It's a very sweet deal compared to other schools."

After graduating from USUHS, Dr. Tingey was off to Officer Training School.

After four weeks in OTS, he earned his commission and came to Warren.

Needless to say, Dr. Tingey enjoys the feeling of being held in high regard by peers and patients, and is very proud of his profession.

"Where else do you get that ego trip?"

6 by 6

Club deals up Texas Hold'em

Play Texas Hold'em poker Saturday, 2 p.m. at the Trail's End Club. All entrants will receive \$20,000 in Club Bucks.

Top five players will receive AAFES gift certificates as prizes. Blinds start at \$100 and increase every 30 minutes.

Blinds are to the left of dealer and rotate, as does the dealer. Sign up by today.

The cost to members is \$15 and non-members is \$20.

If you wait until the day of the Hold'em, the fees will be members - \$20 and non-members - \$25.

Must be at least 18 years old to play.

Call 773-3048 for more information.

Sundays are Family Days at Chadwell Dining Facility

Chadwell Dining Facility hosts Family Day every Sunday, noon - 1 p.m.

All active duty members may bring their family mem-

bers with military ID cards to dine.

The family of deployed servicemembers are also welcome.

Call 773-3838 for more information.

Treasure hunting in the Rocky Mountains

Outdoor Recreation has planned a treasure hunting and showshoeing adventure into Rocky Mountain National Park for Jan. 29.

Participants may enjoy all the rivers and valleys the Rocky Mountain National park has to offer.

Explore this national icon using our new handheld Global Positioning Systems to search for hidden treasures.

The trip will depart at 7 a.m. and is scheduled to return by 7 p.m.

Trip includes transportation and equipment (snowshoes and GPS).

Bring water, sack lunch, layers of clothes.

The cost is \$15 per person.

Call 773-2988 for more information.

Colorado Eagles pro hockey discount tickets on sale

Military discounted tickets to the Colorado Eagles professional hockey games are on sale now for Saturday and March 12.

Tickets are \$16 each. Games start at 7:05 p.m. at the Budweiser Events Center.

These discount ticket are on sale only at Outdoor Recreation while they last or until the Tuesday prior to game day.

Call 773-2988 for more information.

Super Bowl party at the club!

Everyone is invited to join the fun at the Super Bowl XXXIX Party Feb. 6 at the Trail's End Club.

The doors open at 1 p.m. and the game begins at 4:25 p.m.

This Football Frenzy party includes prizes, food and half time games of skill.

There is no cover charge and club members and non-members are welcome.

The Football Frenzy X

Box will be given away to a club member present.

For more information, call the club at 773-3048.

Base library offers children's story hour

Parents can bring their children to the base library for story hours every Friday, 11 a.m.

Today, we will celebrate Walk Your Pet Month. Dog stories will be read and participants can make a Clifford the Big Red Dog craft.

Jan. 28, we will celebrate National Get Organized Month. Stories about chores and cleaning the bedroom will be read.

The craft is to make a puzzle, as Jan 29 is National Puzzle Day.

Children's story hours are sponsored in part by National Property Inspections. No federal endorsement of sponsor intended.

For more information, call 773-3416.

Ladies night out

It's Ladies Night Out when Outdoor Recreation takes a trip to Greeley Colo.,

for the Broadway musical comedy smash hit about six good buddies whose desperate plan to get their lives back together requires them to triumph over their fears, their nerves... and their clothes.

See The Full Monty at the Union Colony Civic Center March 12 at 8 p.m. The cost is \$35 and includes ticket, drinks, hors d'oeuvres and transportation. Sign up by is Feb. 1.

Call ODR at 773-2988 for more information.

Parent and Child Exercise Area now open in Freedom Hall

The exercise room is open so parents may exercise while watching their children in the children's play area. It is equipped with various workout equipment and children's toys. Parents are asked to sign up at the front desk and respect all rules of use.

Hours are Mondays through Fridays, 5 a.m. to 10 p.m. and Saturdays, Sundays and holidays, 9 a.m. to 5 p.m.

6 by 6

The Sentinel staff wants to know ... How are we doing?

Each year, we make changes to the paper based on your inputs. Please check one response for questions 1 through 9. Please return the survey to the public affairs office by close of business Jan. 31.

1. How often do you read the **Warren Sentinel**?

Every week Every two weeks Once a month Once every six month Never

2. Does the **Warren Sentinel** cover the mission adequately?

Always Most of the time Sometimes Rarely Never

3. Does the **Warren Sentinel** cover Warren people adequately?

Always Most of the time Sometimes Rarely Never

4. Does the **Warren Sentinel** cover Warren units adequately?

Always Most of the time Sometimes Rarely Never

5. Does the newspaper print enough photographs?

Always Most of the time Sometimes Rarely Never

6. Does the newspaper print enough Space Command news?

Always Most of the time Sometimes Rarely Never

7. Do you read the *Peacekeeper Comic*?

Always Most of the time Sometimes Rarely Never

8. Should the Warren Sentinel run member obituaries?

Yes No

9. Should the Warren Sentinel be delivered to dorms/base housing?

Yes No

Please check all that apply.

10. Why do you read the newspaper?

News Sports Features Commentary Action Line Comic People

11. What can we do to improve the **Warren Sentinel**?



**We're
Inspection
Ready EVERY Day**



**Your
Time is
Precious**

**Close
Dumpster
Lids After
Each Use**